A Prescriber’s Guide to Duocal®

Calories you can count on. Calmouses you can count on.
A Prescriber’s Guide to Duocal®

- Duocal is a powdered, flavorless medical food that provides calories in the form of fat and carbohydrate for increased energy intake
- Duocal is suitable when increased calories are indicated (e.g. failure-to-thrive)
- Use Duocal to increase energy density of any diet without adding allergenic protein, vitamins, or minerals

How should Duocal be used?

Duocal can easily be added to moist foods and beverages at meal or snack time without changing the taste, texture, or amount of food - great if a child is struggling with food intake. This helps ensure essential calories for catch-up growth without the struggle of increasing the amount of food to eat.

- Distribute Duocal throughout the day
- Start small to allow the child to adjust to extra calories, gradually increasing the amount per serving to meet prescribed calorie goals
- We suggest starting with about 1 tsp per ½ cup of food or beverage, building up to no more than about 2 Tbsp per ½ cup of food or beverage

How much Duocal should I prescribe?

- The daily amount and prescribed use of Duocal should be determined by a dietitian, physician, or other healthcare professional
- The table below is a guide for prescribing Duocal based on a daily calorie goal
- Please note: The daily calorie goal from Duocal will vary depending on:
  - consideration of where a child is on his/her growth chart
  - the goal for catch-up growth
  - age
  - weight
  - gender
  - activity level
  - medical conditions
  - calories from other sources

Weight should be monitored regularly and the Duocal prescription adjusted based on weight change

Sample Duocal Goals:

This table is a guide for healthcare professionals to help determine a Duocal prescription based on a daily calorie goal. Individual requirements vary.

<table>
<thead>
<tr>
<th>Daily Duocal Calorie Goal</th>
<th>Amount of Duocal</th>
<th>Sample Daily “Prescription”</th>
<th>Number of Cans per Month*</th>
</tr>
</thead>
<tbody>
<tr>
<td>75 kcal/day</td>
<td>15 grams, 3 scoops</td>
<td>1 scoop, tid</td>
<td>2</td>
</tr>
<tr>
<td>150 kcal/day</td>
<td>30 grams, 6 scoops</td>
<td>2 scoops, tid</td>
<td>3</td>
</tr>
<tr>
<td>225 kcal/day</td>
<td>46 grams, 9 scoops</td>
<td>3 scoops, tid</td>
<td>4</td>
</tr>
<tr>
<td>300 kcal/day</td>
<td>61 grams, 12 scoops</td>
<td>3 scoops, qid</td>
<td>5</td>
</tr>
</tbody>
</table>

* 1 can Duocal = about 80 scoops

For more information, visit www.MyDuocal.com or call 1-800-365-7354